TANGLAW NG CLARET

NEWS September 28, 2023

CLARET HOLDS STUDENT ORIENTATION WEEK

by: John Friederich Ticman

Graphics by: Claret School of Quezon City

July 27 and 28 were the first two days of classes for school year 2023-2024. The first week was devoted to the Student Orientation Week where students got to know the school staff and their classmates. The school policies and rules that are to be followed were also presented to the students. This was done in all the homeroom classes.

During the orientation week, the students underwent getting-to-know-you and team building activities that helped them be familiar with their classmates and start to form good relationship and rapport. During the first day, students got to share their names, hobbies, likes, and dislikes. On the second day, Claretians were introduced to the school staff and their roles in the school. They also had activities where they were asked about their goals for the school year. A discussion on the homeroom section's name was also conducted. For grade school classes, they learned the value behind their section's name , while for high school classes, they learned more about the priest or saint that represents their section. In the following days, homeroom advisers mostly discussed the grading system and policies that they have when they start the academic classes. Claret has been doing these orientations for years now, and this year, everything went swimmingly, as everyone got to know a lot about CSQC, but most importantly they learned the vision, mission and the motto of the school.

Cluster assemblies were also done during the orientation week to discuss student services like the Clinic, Instructional Media Center, Student Development Center, and the Faith Education and Enrichment Department. A club selling activity was also scheduled during the orientation week.

CSQC CONDUCTS HOMEROOM ELECTIONS

by: Inigo Rafael Luiz D. Obias

The homeroom elections were held in each classroom from Grades 1 to 12. It is held to determine their respective class officers. The positions one can apply for are:

- President
- Vice President
- Secretary
- Line Leaders (GS)
- Liturgical Managers
- Treasurer (HS)
- Tech Support (GS)
- Sanitation Manager (GS)
- Peacekeeper

Photo taken by: Renz Jerub R. De Guzman

Each position serves an important purpose in maintaining the orderliness of the classroom and the good behavior of students.

The president helps the teacher maintain order in the classroom. The vice president helps the president in his role in maintaining order in the classroom and helping the teachers. The secretary provides the teacher with the class attendance for the day. On the other hand, the liturgical manager helps the teacher in reminding the class of upcoming liturgical activities or events while peacekeepers help in keeping the class organized. A role specific to high school is the treasurer who keeps track of the class fund and raises funds for events.

The sanitation managers serve to maintain the cleanliness of the classrooms in the grade school. Other roles specific to grade school is the technical manager who helps the teacher with technical difficulties, and the line leader who helps in managing the class organization when going through facilities. Lastly, there are also board managers and switch managers in the grade school.

The homeroom elections are here to give students the opportunity to learn how to be a leader and to serve the Claretian community. It develops the school values, such as, empowerment, leadership qualities, the Claretian values of service, and compassion. It gives students a perspective on how our leaders work today and it can help students learn the intricacies of becoming a future leader and learning how to cooperate with a large group of people in accomplishing different goals.

GRADES 4-12 STUDENTS CHOOSE A CLUB DURING CLUB SELLING

by: Inigo Rafael Luiz D. Obias

Photo taken by: Greg Binag

The club selling for Grades 4-6 was held on August 4, 2023; Grades 7-10 was held on August 1, 2023; Grades 11-12 was held on August 3, 2023 at the Gallardo Hall as part of the orientation week for students. In this event, club moderators presented their clubs, what to expect in terms of activities and encouraged Claretians to join their clubs.

The clubs offered in the different grade levels include spiritual formation clubs like Children's Ministry, i-Word Club, Claretian Peace Weavers Club, Pro-life Club, and Young Catechists in Action Club.

Academic enrichment clubs include Tropang Pinoy, Tatak Pinoy, Computer Club, Robotics Club, Word Power, Book Lovers Club, Creative Writing Club, Malikhaing Pagsulat Club, Sci_Apps Club, and Media Use Club, Engineering Club, Entrepreneurship Club, and Environmental Awareness Club.

Special interests clubs include Dance Squad, Kids Business Club, Theater Kids, Young Chef's Club, Young Earth Savers Club, Roosters Pencil Club, Gardening Club, Photography Club, French Club, and Handymen Club.

Sports clubs include Basketball Club, Football Club, Volleyball Club, Judo Club, Chess Club, Taekwondo Club, and Table Tennis Club.

These clubs serve to get students to explore their skills further, outside of the academic field. It lets them explore their interests. Clubs are a great way for students to interact with each other while learning. It also takes away the mind from academics and lets them relax and have fun. It further aims to develop the Claretians in mind, body, and spirit.

Club meetings are held once a week.

JHS CLARETIANS PARTICIPATE IN INTRAMURAL GAMES

by: Kirk Lucas C. Mara

Photo taken by: Renz Jerub De Guzman

From November 7 to 10, the students of Grades 7 and 8 had their annual Intramural Games, while the Grades 9-10 had theirs on October 17-20, 2023. This event made the students showcase their athletic abilities through various tournaments by sport.

The games started with an assembly in the basketball court. The guest speaker for Grades 7-8 was basketball coach Mr. Arvin Braganza, who shared his journey as a basketball player. Mr. Jose Raphael Cuya, an alumnus and basketball player was the guest speaker for Grades 9-10. Then, the Intramurals opened shortly after the signal of Mr. Jerard Astete, the MAPEH Coordinator.

The sports the students played were basketball, football, volleyball, and badminton. The intramural games were met with warm reception in this post-pandemic era. It has always been a constant in the school, and it continues to empower and promote respect, discipline, and leadership through the program.

Photo taken by: Renz Jerub De Guzman

Photo taken by: Renz Jerub De Guzman

Grade 7 Champions:

Basketball: 7 – Eugenio Herran Pedrosa
Volleyball: 7 – Thomas Mitchell
Football: 7 – Thomas Mitchell
Badminton: 7 – Thomas Mitchell

Grade 9 Champions:

Basketball: 9 - James Giron, CMF
Volleyball: 9 - Rhoel Gallardo, CMF
Football: 9 - Felipe de Jesus Muñarriz, CMF
Badminton: 9 - Felipe de Jesus Muñarriz, CMF

Grade 8 Champions:

Basketball: 8 – Dominic Fabregas
Volleyball: 8 – Stephen Sala
Football: 8 – Joseph Xifre
Badminton: 8 – Manuel Vilaro

Grade 10 Champions:

Basketball: 10 - St. Camillus de Lellis
Volleyball: 10 - St. Francis of Assisi
Football: 10 - St. Ignatius of Loyola
Badminton: 10 - St. Dominic

GRADE 11-12 CLARETIANS UNLEASH ATHLETIC SPIRIT IN SHS INTRAMURAL GAMES

by: Julian T. Paita

The Senior High School students have again showcased their well-versed talents in their cluster's intramural games held from September 28 to 29 and October 2 to 3 at Claret School of Quezon City. During the event, Claretians witnessed an excellent display of camaraderie, sportsmanship, and teamwork from the extensive roster of student-athletes in Grades 11 and 12.

Photo taken by: Alex Delos Reyes

Photo taken by: Lazarre Gahisan

The opening ceremony began with a prayer from Mr. Martin Paolo Gamosa of 12 – St. Andrew. Afterwards, Mr. Michael Trajano, a Claretian alumnus from Batch Q, gave a motivational speech to the students. His speech underscored the importance of failure as a gateway to success in a person's endeavors. Moreover, Mr. Jerard Astete, MAPEH Coordinator, briefed the students on various guidelines regarding proper etiquette and sportsmanship during the games.

The Basketball, Football, and Volleyball varsity teams led the warmup-exercise routine over the course of the games. Basketball games were held at the top floor of the Gymnasium, while Volleyball games were played at the Quadrangle, with the finals held at the Gymnasium. Football games were played at the campus' field, while the games for Badminton were held at the Gymnasium's mezzanine floor.

The onset of the intramural games serves as a staple in Claretian tradition. It is a chance to unleash talent, wisdom, and extensive hard work. Without a doubt, these games refresh and revitalize the minds of the students, which in return, prepares them for upcoming academic challenges. Quizzes, exams, written works, and performance tasks were put on hold temporarily as the intramural games continued to provide an exciting breather to the student body.

Grade 11 Champions

Basketball: 11 – St. Mark (ABM)
Volleyball: 11 – St. Joseph, Husband of Mary (STEM)
Football: 11 – St. John the Baptist (STEM)
Badminton: 11 – St. Joseph, Husband of Mary (STEM)

Grade 12 Champions

Basketball: 12 – St. Andrew (ABM) & St. Jude Thaddeus (HUMSS)
Volleyball: 12 – St. Andrew (ABM) & St. Jude Thaddeus (HUMSS)
Football: 12 – St. Andrew (ABM) & St. Jude Thaddeus (HUMSS)
Badminton: 12 – St. Peter (STEM)

FUTURE BUSINESS LEADERS GAIN INSIGHTS ON STAFFING IN ORGANIZATIONS

by: Rayjohn Raphael Oflaria

Photo taken by: Ralph Mascareñas

Last October 25, 2023, the Senior High School students from 11 – Saint Mark, the Evangelist under the Accountancy, Business, and Management (ABM) strand attended a seminar entitled, "Navigating the Dynamics of Staffing in Organizations" as part of their Organization and Management (O&M) subject. The seminar featured three speakers who discussed the recruitment and human resource development processes from the perspective of the private sector, the government, and the school.

Akio Julian De Guzman led the opening prayer, which was followed by the opening remarks delivered by Mr. Ralph Martin Mascareñas, O&M subject teacher and the Senior High School Assistant Principal.

The first speaker, Mr. Gene Kenneth Ilagan, is an alumnus from Batch Grandeur representing the private sector, particularly a Claretian-founded enterprise, BuiltaMart, an online delivery company. He discussed the importance of people as the biggest asset of an organization and how employees must be involved, trained, and compensated to maximize their skills and talents.

The second speaker, Ms. Rowena Oflaria, is a Claretian parent representing the local government unit (LGU) of the City of Manila. She explained how LGUs follow laws and procedures regarding their hiring and appointment processes, salary standardization, and reward system. The last speaker, Mr. Christian Timothy Sia, is the school's very own head of Human Resources. He discussed the importance of employee relations in the context of a school setting and gave an activity where the students provided solutions to certain organizational cases.

Rayjohn Raphael Oflaria shared his synthesis of the entire seminar and Mark Edward Cabrera led the closing prayer. The event was hosted by Clark Kenji Mariano and Rezekiel Ugang.

Photo taken by: Ralph Mascareñas

A LEVEL PLAYING FIELD

by: Alvaro Jose Cordero

January 15 2024 in the field of Claret School of Quezon City, Claret Football Varsity faced off against Ateneo Juniors Football Team. The game finished 5-1 in favor of the Ateneo juniors football team. Ateneo played a high press and their signature high ball plays. While Claret stuck to their brand until the end, playing build-up football and combination plays.

In only the 5th minute, Filmar Tacardon scores a left footed rocket from the left side of the box into the top right of Ateneo's goal. Ateneo didn't waste getting back on their feet and kept pushing forward, getting fouls near Claret's goal. Freekick after freekick, Ateneo's shot's were bound to find the back of the net. On the third freekick of former Claretian, Raiken Comla, the ball finds the net of Claret's top right corner.

Photo taken by: Alvaro Cordero

A mischance from a corner kick by Claret led to a counter attack for Ateneo. Raiken plays an overhit ball over Claret's defense. It looked dire, but Ateneo's winger runs the ball down to give a inwards spinning cross from the baseline for his teammate to tap in infront of the goal. Making the game 2-1.

Claret is in dire need of a goal, and the tension between the two teams grows. Physical duels are seen between the teams. A mis challenge by Claret's Captain, Alvaro Cordero, gives Ateneo another free kick in front of the goal. Freekick taker, Raiken Comla, kicks a deceiving ball into the goal. Dane Rosales, Claret's Keeper, miscalculates the ball's trajectory, as it goes over the wall and dips in the middle. This puts two goals under Raiken's name, making it 3-1 for Ateneo.

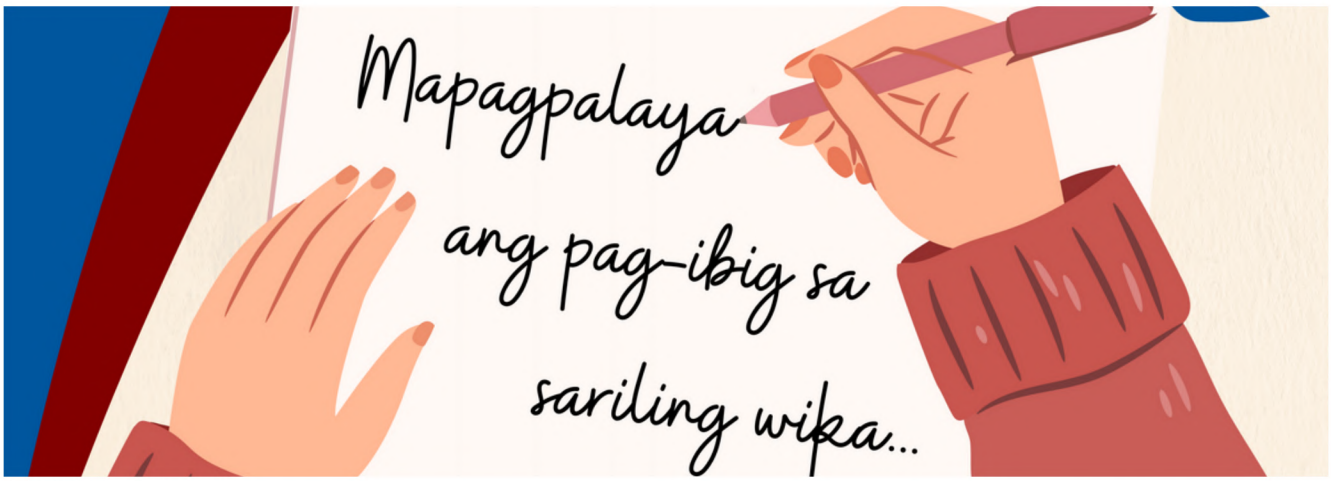
Photo taken by: Alvaro Cordero

Second half comes. Claret picks up the pace and starts to play their game. Claret held possession of the ball during the second half. Though, it wasn't long until Ateneo would capitalize on the mistakes of Claret. Raiken breaks away from the middle and was left with acres of space left in the middle, prompting Alvaro to press him. Raiken then plays the ball through, finding the feet of James Del Valle, who had no problem scoring the 1v1 with the keeper. Making the game 4-1. To put the nail in the coffin of Claret, Raiken once again wins the ball in the middle of the field. Raiken shoots the ball on the ground, resulting in one of the hardest to block shots, a rolling ball.

Alas, Ateneo returns the favor to Claret. Ateneo, once humiliated by Claret, losing 5-0, now humiliates them 5-1. This is the end of the battle between the red school from Mahinhin and the blue school from Katipunan, but not the rivalry of the two schools. With both teams beating each other in their own schools by a large margin, the score is now 1-1. The stage is set for their next duel, whether it be in Ateneo or in Claret field, both teams are hungry to face each other once more to settle the score.

CLARETIANONG SELEBRASYON: BUWAN NG WIKA 2023

by: Miro Ezequiell P. Tagnia & Narciso Francisco R. Melecio



Graphics by: Comm Arts Cluster

Maaaring tapos na ang Buwan ng Wika, ngunit ang diwa ng ating wika't kultura ay hindi nagtatapos doon. Noong Buwan ng Wika, tayo'y nagdiwang, nagtanghal, at nagbigay galang sa ating pambansang wika, ang wikang Filipino. Ating muling balikan ang ating mga karanasan at bigyang pagpapahalaga ang ating kasasayan at nakaraan.

Ipinatupad ang Buwan ng Wika noong 1936 bilang taunang pagdiriwang sa Pilipinas na nagaganap tuwing buwan ng Agosto. Dito, ating ipinagdidiriwang ang kahalagahan ng wikang Filipino sa ating kultura't indentidad bilang mga Pilipino. Ito ay madalas sinasamahan ng mga aktibidad tulad ng mga tula, exhibits, salo-salo, at iba pa.

Syempre, ang mga Claretiano ay hindi nagpatumpik-tumpik para sa pagdiriwang ng Buwan ng Wika ngayong taong 2023. Ating ipinagdiriwang ito sa pamamagitan ng Freedom Wall, Chain Poetry, at iba pang mga aktibidad sa loob ng silid-aralan at onlayn gamit ang Microsoft Teams.

Naipakita natin sa Freedom Wall at Chain Poetry ang kahalagahan ng ating wikang pambansa sa pagsulong ng ating kalayaan sa pamamahayag. Ang wika ay isa sa ating pinaka malakas na sandata, kaya't makapangyarihan ang pagsulat, sapagkat nailalahad natin ang ating iba't ibang kaalaman. Higit pa, nagagamit din natin ang pagsulat upang maimulat ang mata ng mga tao sa katotohanan. Ang ating mga boses ay may kakayahang tumulong sa pagbabago; pagbabago sa mga kamalian at kasamaan sa ating lipunan. Kaya naman dapat tayo'y magtulungan sa pagsulong ng ating pambansang wika.

Naipakita naman natin sa loob ng mga silid-aralan at *online* ang mga iba't ibang likhain ng mga estudyante. Bagaman alam na natin ang kahalagahan ng paggamit ng ating pambansang wika sa kapakanan ng ating bansa, kailangan alam din natin kung sa paanong paraan natin ito maisasagawa. Ibinahagi ng mga Claretiano ito gamit ang iba't ibang paraan ng paggamit sa wikang Filipino para sa kapakanan ng lahat, tulad ng mga panukalang proyekto, *infoposters*, at iba pang mga likhaing-Pilipino.

Nakansela man ang pangunahing pagtitipon para sa katapusan ng Buwan ng Wika, malakas parin ang apoy ng pagiging makabayan ng mga Claretiano. Ang mga panukalang proyekto ay nagpakitang husay sa mga paraan upang mapalago ang wika at kulturang Pilipino; ang mga infoposters naman ay nagbigay linaw sa identidad ng mga Claretiano sa kung ano ang ibing sabihin na maging isang Pilipino.

Ngunit, hindi lamang dito nagtatapos ang pagsulat at husay ng mga Claretiano; ipinakita nila sa iba't iba pang paraan kung paano isulong ang ating pangbansang wika at kultura.

Bagaman dumaan na ang Buwan ng Wika, ating panatilihin ang apoy ng pagiging makabayan; ang apoy na ipinakita ang husay at galing ng mga Claretiano sa pagusbong ng wikang Filipino. Ating panatilihing gamitin ito sa pang araw-araw na kabuhayan at huwag hayaan na mamatay ang apoy ng wikang Filipino sa ating mga puso.

"SUSTAINABILITY", THE TALK OF THE TOWN

by: Azrial Miguel C. Chua

With recent scientific breakthroughs making rounds across the globe, many are striving to be more aware and take conscious effort to make sustainable choices and lifestyle. It is worthy to note that while there has been increasing popularity of various sustainability programs. Claret School of Quezon City has always been standing strong with its values of preserving God's creation and being respectful towards all life forms and has in fact been constantly advocating stewardship long before.

Graphics by: Jan Michael Rojas

In an interview with our esteemed school principal, Mrs. Razerly Ibañez, MAEd., regarding the "Red Goes Green" campaign, she stated that "Red Goes Green is CSQC's commitment to conservation and wise use of resources especially in our school. It aims to promote cleanliness, and responsible use of materials, water, and electricity". She also stated that since CSQC is like our second home, then it is only right that we should work together to keep our school clean and orderly, and use the resources available to us responsibly. Furthermore, she emphasized that we can all contribute to conservation or prevention of wasteful use of resources by minimizing wastage through proper segregation of discards and reusing materials.

Students and faculty members are also encouraged to observe Clean As You Go or better known as "CLAYGO", which not only keeps our school clean but also makes sure that trash is properly segregated and disposed of. Inside the school campus, trash bins for recyclable and non- recyclable wastes are found everywhere, which reminds students of the need to properly segregate. Lastly, turning off electrical equipment that are not used is also strictly enforced. For example, the school clinic begins to turn off their air conditioning units at 4 in the afternoon, when there are fewer patients coming in.

As we can see, Claret School of Quezon City has truly been striving for not only the well-being of our school but the overall well-being of our society.

We must always be mindful and cautious of our daily activities which may negatively affect the Earth. Let us do our part in ensuring that the generations to come get to enjoy the lush life within our planet and ensure that our environment remains healthy, for us to likewise keep on being healthy and productive. To conclude, our school principal would like to leave us with an important message: "It is important to remember that as Claretians we resolve to be responsible stewards of creation and we should value the many resources we still enjoy by being simple in our wants, and by being economical consumers."

#REDGOESGREEN

MY KUYA MY HERO

by: John Allen A. Farinas II

Photo taken by: Central Board of Students

Approaching the event of this year's My Kuya My Hero, I was filled with excitement. Not only because of the day being nonacademic, but more importantly, it is a privilege to witness and be part of the establishment of a bond made between younger Claretians with their ``Kuya Claretians". I was one of these lucky Kuya's and I am ready to share with you my experience of "My Kuya My Hero".

Our class, 8-Stephen Sala, CMF was welcomed by the smiles of the young Claretians in Grade 5-Jeremiah. Upon meeting each other, both sections were anxious at first. But, as we got to know each other, those anxieties would just go away. Our first activity was called TRUTH OR FAKE. For this activity, kuyas would be sharing a memory here in Claret School in front of the whole classroom, and our younger Claretians in 5-Jeremiah will guess whether what we said is true or not. Everyone laughed as we told our stories. It was quite embarrassing sometimes, but we had fun. Next was the Q&A. We gave 5 – Jeremiah the chance to ask us about our school life. It was a bit funny because, these young Claretians were capable of asking questions like "Do you have a crush on a teacher?". Others just asked simple questions like "Do you like cheeseburger?" Things got so random at some point. Honesty counts for something, right?

Afterwards we proceeded to have a break. Everyone got their snacks, then proceeded to have a chitchat. Others traded snacks, and others showed off their Pokemon cards. At this point, almost everyone had either a new friend, kuya or younger brother. Before we ended our time with each other, we had one final activity to do. It was more of a trivia. So, this time it was the Kuyas that asked 5 – Jeremiah, who were their teachers when they were in Grade 1, 2, 3 and so on. It was just to see if they still remembered their teachers in their primary years. After just 4 answers, it was crystal clear that our younger Claretians remembered their teachers. Others could even remember their preschool teachers. After that activity, we bid farewell to 5 – Jeremiah and left with a smile knowing the true essense of being a kuya.

Photo taken by: Central Board of Students

CSQC COMMUNITY ENCOUNTER ACTIVITY

by: Nathan Asher B. Capati

Photo taken by: John Michael Rojas

"IT GIVES THEM AVENUES TO BE AWARE ABOUT THE REALITIES OF LIFE."

The month of September marks the start of Claret School Of Quezon City's (CSQC) High School Community Encounter Activity. The Faith Education and Enrichment Department (FEED) handles and facilitates this activity.

The activity aims to give the students opportunities to look more into the current challenges faced by our world. It also targets the development of student's social awareness and responsibility, volunteerism, service to the poor and needy, appreciation for a simple lifestyle, and advocacy for peace. The activity starts by going to the venue, a designated area, which is a community of the Immaculate Heart of Mary Parish (IHMP). The class listened to a quick introduction, or a background about this encounter before proceeding to their first activity.

FIRST ACTIVITY

The first activity is all about identification. The students are given some current challenges or crises faced by society, and students will have to identify what causes them. Then, the students watch a video documentary explaining the current crisis of the present, such as, economic problems, status differences, inequality, climate problems, social status of different families, etc. After the activity, the students get their break/recess.

SECOND ACTIVITY

After their recess, the students were divided into 12-13 groups, and the groups drew and colored their ideal or dream community. The students did a good job in drawing, coloring, and even expressing themselves through their creations. After doing their drawing activity, they watched a documentary titled, "Pagpag", which shows how poor, and people struggling with money, get their food to feed their families, and how they get the money they have. According to the documentary, people struggling in our society get their food from the trash of restaurants. People scavenge the trash pile near their homes, finding chicken leftovers, barbecue pieces, and any other meat. They season and cook the leftovers, either selling or eating them and feeding them to their families.

THIRD ACTIVITY

After the drawing activity, the students brought out their cleaning supplies such as gloves, trash bags, and cleaned the streets and polluted areas. This is one way of showing help in just a small action. After cleaning, the students gave their plants: pechay, buttons, and other floral plants to the community, which the students looked after and nurtured for 2 weeks before their encounter. After those 3 activities, the students returned to the campus to have their lunch. Once lunch was over, they proceeded to the School Chapel, and rated and reflected about the encounter activity. The students can really see and feel the struggles of these people, and really feel more grateful for what they have. Who knows? Maybe one of them can bring the change, can bring the help and support the people need.

LIVING VIRTUOUSLY: A YEAR IN CLARETIAN VALUES

by: Philip Richard San Pedro

Photo taken by: Martin Guinto

Virtues are like guiding lights in our lives, shaping who we are and how we act. Inspired by St. Anthony Mary Claret, Claretians believe deeply in these values. Each month brings a different virtue, giving us a chance to understand our faith better. From being strong in tough times to staying hopeful, let's follow the path set by St. Anthony Claret and embrace these virtues all year round.

January: Resilience — In the face of challenges, Claretians embrace resilience by staying committed to their faith and mission. They adapt, endure, and thrive amidst adversity, trusting in God's guidance. To practice resilience, reflect on the teachings of St. Anthony Mary Claret, finding inspiration in his unwavering determination despite obstacles.

Febuary: Compassion — Claretians exemplify compassion by empathizing with the suffering and needs of others. They extend a helping hand, listening attentively and offering comfort to those in distress. Engage in acts of service and kindness, following the compassionate spirit of St. Anthony Claret's ministry among the marginalized.

March: Courage — Claretians exhibit courage by fearlessly standing for justice and truth. They confront challenges with conviction, advocating for the marginalized and oppressed. Embrace courage by speaking out against injustice and fearlessly serving communities in need, drawing inspiration from St. Anthony Claret's boldness in defending the Gospel.

April: Humility — Claretians embody humility by recognizing their strengths and limitations, acknowledging God's grace in their service. Practice humility by serving others without seeking recognition, following the example of St. Anthony Claret, who remained humble despite his significant contributions to the Church.

May: Gratitude — Claretians express gratitude by appreciating God's blessings and the contributions of others. Cultivate a spirit of gratitude by reflecting on the gifts received and expressing thanks to God and those who support your mission. Follow St. Anthony Claret's gratitude for God's guidance in his endeavors.

June: Patience — Claretians exercise patience by enduring delays and difficulties with a calm and composed spirit. Embrace patience when faced with challenges, trusting in God's timing and wisdom. Reflect on St. Anthony Claret's patience in his missionary work, facing setbacks with unwavering faith.

July: Generosity — Claretians embody generosity by sharing their resources, time, and talents with others, especially those in need. Practice generosity by serving selflessly, offering help to communities, and fostering a spirit of giving. Emulate St. Anthony Claret's generosity in his tireless efforts to help others.

August: Faithfulness — Claretians demonstrate faithfulness by staying committed to their vocation, mission, and relationship with God. Strengthen your faithfulness by nurturing your spiritual life, remaining steadfast in your service despite challenges. Learn from St. Anthony Claret's unwavering faithfulness to his calling.

Photo taken by: Lazarre Gahisan

September: Unity — Claretians promote unity by fostering harmony and cooperation within diverse communities. Embrace diversity and work towards unity, respecting differences and collaborating for a common purpose. Follow St. Anthony Claret's example of building unity among believers despite various challenges.

October: Forgiveness — Claretians practice forgiveness by letting go of resentment and embracing reconciliation. Cultivate a forgiving heart, seeking healing and peace through forgiveness, following St. Anthony Claret's example of forgiveness and reconciliation in his ministry.

November: Service — Claretians dedicate themselves to selfless service, responding to the needs of others with love and compassion. Engage in acts of service, prioritizing the well-being of others and putting their needs before your own. Follow St. Anthony Claret's life of service, devoting himself tirelessly to helping those in need.

December: Hope — Claretians uphold hope by trusting in God's promises and maintaining optimism, even in challenging times. Cultivate hope by spreading joy, inspiring others, and being a beacon of hope in your community. Emulate St. Anthony Claret's unwavering hope in God's providence.

FOOD FRIENDS: "RAMYEON MEOKGO GALLE" (DO YOU WANT TO HAVE RAMYEON WITH ME?)

by: Felicia Isabel D. Leones and Bryon Andrei B. Ingel

Photo taken by: Bryon Ingel & Felicia Leones

After a busy day at school, the scrumptious taste of noodles, drinks, and snacks, paired with the dazzling beat of K-Pop hits may spring into mind. Some of us envision a cacophony of voices in constant chatter, while some opt for a quiet saunter in the soul's personal bubble. What if we tell you that it only takes a stroll around the streetside corner for this scene to come to life? Be it alone or with friends, a visit to Ramyeon Bar is sure to quell the chronic stress of day-to-day life.

Located at 80 Maginhawa Street, the restaurant is a self-service ramen bar that offers up to 100 ramyeon options, various toppings, and appetizing sides that you can choose from. Ramyeon Bar is one of the very first self-service ramen bars to open in the Philippines. Once you enter the restaurant, you are greeted by the gigantic "Ramyeon Wall" that displays the different kinds of ramyeon they offer. They have almost every kind of ramyeon you can think of, tailored to a wide variety of tastes and likings.

After choosing which type of ramyeon you want to eat, you can get a tray and bowl to place your ramen, toppings, and side dishes. Beside the trays and bowls is the refrigerator with the different types of ramyeon toppings you can choose from. The toppings range from mushrooms to meat to clams. After picking out your toppings and side dishes, you can choose which drink to consume to contrast with the spiciness of your ramyeon. It has juice, ades, milk, and coffee that are contained inside a packet. But don't worry! After the drinks section, there are freezers that have cups with ice inside and ice cream. Finally, you can complete your transaction and pay at the cashier.

Here comes the exciting part, cooking your ramyeon! The bar uses machines called "EZ Cook" that measure the amount of water needed for your ramyeon to boil. You can also directly cook your ramyeon using the EZ Cook. In case you don't understand the mechanics, don't be afraid to ask help from the staff. After cooking the noodles, you can add the sauces and toppings. Tada! You have finally made your very own ramyeon tailored to your personal taste. If you still have room for dessert, aside from ice cream and spicy tteokbokki, they also serve Bingsu, a milk-based Korean shaved ice dessert with sweet toppings. They also serve fried chicken with tteokbokki, a Korean classic.

The food here is great, to the point that we went back with friends after some time. Ramyeon Bar is our usual go-to place to eat and spend quality time with friends. The atmosphere of the place is upbeat and uplifting; thanks to the constant stream of K-Pop songs that fill your ears with a jovial groove. Overall, eating at the bar was a really good experience, and we would surely return with good friends for even better times. Now we ask you Claretian friends, "Ramyeon meokgo galle?" (Do you want to have ramyeon with me?)

Photo taken by: Bryon Ingel & Felicia Leones

Ratings:

- Felicia -
Service: 10/10
Food: 10/10
Drinks: 9/10
Place/Atmosphere: 10/10

- Bryon -
Service: *10/10*
Food: 9/10
Drinks: 8/10
Place/Atmosphere: 10/10

Would I go back ? Definitely. No questions asked. But personally, I prefer having friends or a special someone around to share the fun and experience with. It's a great hangout spot, considering its location since it's near the campus. I like how they have a second floor; it makes hangouts feel a bit more special and memorable. I hope they can renovate into a bigger place, so it won't be so crowded inside.

CLUSTER ASSEMBLIES IN FRAMES

by: Tanglaw ng Claret photographers and contributors

Cluster assemblies are monthly gatherings that allow students, teachers, administrators, and Claretian priests to discuss important academic updates, give feedback on student behavior and concerns, share talents through various intermission numbers, and celebrate student academic and extracurricular achievements. These assemblies happen at the Gonzalez Hall for Nursery to Kindergarten and at the Gallardo Hall for Grades 1 to 12. Here are photos that capture memorable events during the cluster assemblies:

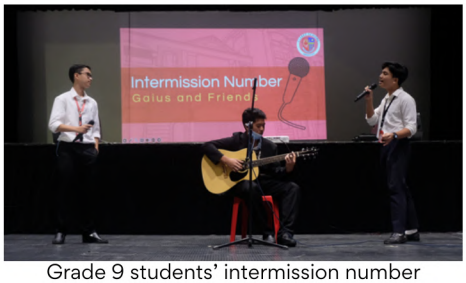
Mrs. Razerly Ibañez giving a message to Grades 1-3 pupils

Grade 7 SciMaTeC Winners

Fr. CJ Mortela, CMF sharing about St. Anthony Mary Claret to N-K pupils

Grades 1-3 pupils during the Club Selling Activity

N-K December Cluster Assembly



Grade 9 students' intermission number

SHS Cluster Assembly

Grades 9-10 Cluster Assembly

Grades 7-8 Cluster Assembly

Grades 4-6 Cleanest Classroom Award

ONE PIECE LIVE-ACTION REVIEW

by: Brian A. Asuncion

"Breathtaking. Enchanting. Bewildering. Jaw-dropping. These are only four words among the thousands of ways to describe One Piece."

The live-action adaptation of Eiichiro Oda's magnum opus has taken the internet by storm. The story follows Monkey D. Luffy, a boy who dreams about becoming the King of the Pirates and seeking the One Piece. Along the way, he finds companions who travel with him on his adventure who have their own dreams of becoming great alongside him. Even though they have encountered hardships and struggles, they continue to follow each other's path no matter where the sea takes them.

World Building

Perhaps the show's strongest suit is its extensive world-building compressed in a span of 8 episodes. The world is ruled by pirates and is filled with sea and with islands scattered around. However, what makes it a masterpiece is that each area tells their own story and the people on those islands have their own stories, whether that be happy, tragic, or their feeling of wrath. Everything and everyone have their own story to tell and that is what makes the world of One Piece a gem of a story. There's virtually no repetition, and the show always had something new above the horizon, expanding and connecting all the stories in Oda's little playground. These stories captivate audiences, which is what makes the world of One Piece its own great treasure.

Photo taken by: One Piece Netflix

Characters

Moreover, the cast's acting chops were a highlight as well. The actors imbued their respective characters with the breath of life, be it through traditional techniques or niche gimmicks. It's comparable to their anime counterparts and showcases their character's personality and characteristics excellently. There were also small details that were well-thought-out that blended the cartoonish style into live action. From being just acquaintances and awkward, to being good friends, sharing in their hardships, and realizing the dreams they want to achieve. However, avid viewers of the anime version would know how much backstory and context with the characters had been just hinted or removed. It is reasonable considering around 44 episodes of the anime had to be crammed in 8 one-hour long episodes. However, it was still a spectacular effort by the team to condense as much as possible within just 8 episodes and made the characters as close to the anime counterpart.

Theme of Story

It is well known by long-time fans that One Piece centers on friendship and the restless pursuit of dreams. This is present in the adaptation as well. Each episode displays the importance of constantly supporting our friends and never giving up on your aspirations. Freedom and independence also come with pursuing your ambitions. To focus on the future, Luffy and his crew let go of the things that bound them to the past. They pursued what they felt in their hearts to be true and followed it. It is a good theme that motivates listeners without coming off as preachy.

Conclusion

Undoubtedly, the One Piece live adaptation is simply one of the best, if not the best adaptation that Netflix has produced within the past decade. Every aspect is excellent from the characters to the world of One piece itself, all the while demonstrating in the best way how friendship and chasing your dreams are treasures that everyone should cherish. The live adaptation honors its source material and should be a reminder of how with the right people, with the right passion and effort can produce a masterpiece for everyone to enjoy. Let us now await as Luffy and his crew set sail on a new adventure in the upcoming season.

INCREASING SCHOOL HOURS: POTENTIAL FOR GROWTH OR UNNECESSARY?

by: Ken Matthew H. Acera

Photo taken by: Renz Jerub De Guzman

Should the students at Claret School of Quezon City be satisfied with the current dismissal time or, is it hindering our chances to learn more in school? School hours and dismissal time are interconnected. With less school hours, students can expect earlier dismissal time. These lost hours could impact the potential that students have for their education. On the contrary, setting long school hours can lead to academic burnout, which can greatly disrupt the work-life balance that students ought to achieve. That being said, the current dismissal time for each grade level is sufficient, both for the education and overall well-being of Claretians.

Currently, the Department of Education (DepEd) requires teachers to have at least 6 hours of actual classroom teaching daily. This means students must also have at least 6 hours of teaching daily from the teachers. The school needs to meet the requirements to ensure students attain sufficient learning time for academics. That said, the school has met these requirements. Most grade levels are getting the required amount of school hours as issued by DepEd. However, variations can occur among different grade levels due to varying schedules, extracurricular activities, and organizational meetings.

On the other hand, some have argued that the time allotted for in-person learning is insufficient. Numerous articles, such as those from GCU (2020), Walden University (2023), and Richardson (n.d.), state that providing additional school hours provide students with a more comprehensive understanding of topics, in turn, higher academic performance. According to GCU (2020), this can aid students in various subjects and essential skills like critical thinking. Students may also benefit from this in the future when they are preparing for college or prospecting for potential career opportunities (GCU, 2020).

Another thing that can be considered is the challenge working parents face when picking up their children from an early dismissal time (Walden University, 2023). While this may sound excellent for parents and the school alike, extending school hours can pose problems of their own. The primary drawback is the reduction in students' leisure time after school. Breaks and leisure time are essential as they give the students the time to practice other activities outside of school and a rest from the pressure of academics. Having leisure time helps to promote growth within students and helps them process the information they have taken from each class (Importance of Free Time for Students, 2021).

Extending school hours may help overall academic performance but, it does not ensure academic achievement (GCU, 2020). In fact, from my experience, the students are already doing well in their academics and tests despite the school hours given. The problem of working parents being unable to fetch their children is not that much of a problem either. Most students commute or ride in school service to go back home. There also must be a consideration for teachers as increasing school hours can tire our teachers and force the school to increase their paycheck.

THE DRIVE TOWARDS CHANGE: ANALYZING THE ECONOMIC IMPACT OF PUV MODERNIZATION ON PHILIPPINE OPERATORS

by: Alexander Angelo G. Delos Reyes

Photo taken by: Martin Guinto

Change is the one constant in our lives, or so it seems. A worthy opponent to change is the government's comical incompetency in handling nationwide affairs. Nothing has made this more apparent than the recent controversy over the proposed Public Utility Vehicle Modernization Program (PUVMP). The PUVMP aims to modernize and consolidate the public transport industry in the Philippines by replacing any public utility vehicle older than 15 years to comply with the current safety and regulatory standards (Asia Pacific Foundation of Canada, 2023). In its current state, the PUVMP reeks of hasty planning due to the negative impact it could spell for franchises, drivers, and the public.

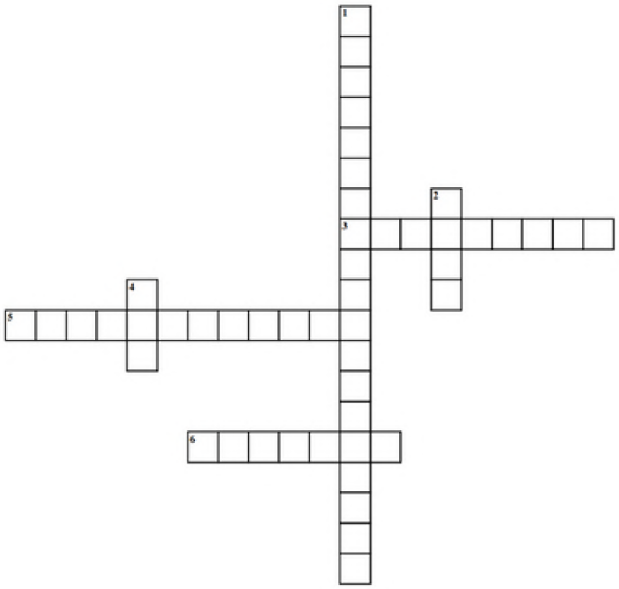
Cruz, now in his 50s, lost his main source of income during the pandemic due to the government's restrictions. While pandemic-related limitations have been lifted, Cruz now faces a new threat to his livelihood. "I was eating with my family when we heard the news. It's sad because it seems like we will suddenly disappear from the road. How can we earn a living when this is where I get the money for my children's education? "Cruz, who has yet to recover from the pandemic-induced financial losses, said (Bautista, P. N., & Moya, R. N., 2023). Moreover, the new models of jeepneys are too expensive, well beyond the financial capabilities of a jeepney operator. A modernized jeepney can cost up to 2.8 million pesos, an exorbitant price when you consider that the cost of a traditional jeepney only ranges from 160,000–510,000 pesos (Lumina Homes, 2023; Vernon, 2011). This is almost six times cheaper than the current modern jeepneys that are being offered.

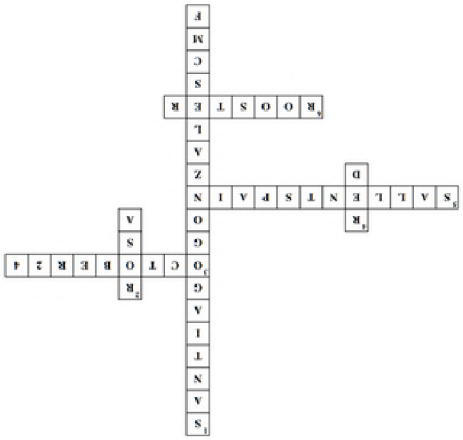
Furthermore, some have argued that the government has already provided subsidies to ease burden on operators and drivers. While that is true, the subsidies given by the Philippine government are mere breadcrumbs that only offer a temporary respite. Currently, the subsidy for the affected transport workers is 260,000 pesos, which is diminutive when you consider the rising prices of necessities, gas, and the cost of living in the Philippines. Additionally, some argue that the PUVMP is a necessary project to greatly reduce carbon emissions in our environment and promote a safer and cleaner country. While this is true, it is necessary to glance at the bigger picture. Data from the Metropolitan Manila Development Authority (2022) shows that out of the 3.5 million average daily traffic volumes in Metro Manila, public transport only accounts for under 400,000 of the daily traffic volume. The remaining 3.1 million traffic accidents are caused by privately owned vehicles such as cars and motorcycles. This shows that the program does not fully address the problem of carbon emissions since public transport is only a chunk of the problem.

The current state of the PUVMP is not ideal. It is a shortsighted response to modernity that fails to consider the people directly affected by the program. Progress is a healthy sign for virtually any country. However, can we really call this progress when we sacrifice one component to gain another? The government must remain inclusive of the plans and actions that they implement. The PUVMP must be further revised and polished through discussions between the operators and the government to ensure a fair and reasonable plan for both parties. As citizens, we must express our concerns and show the government what the people need. We must use our voice to contribute to the betterment of our society and become part of the progress that we strive to achieve. **Lagi't lagi pakinggan ang busina ng masa!**

TANGLAW JUNIORS

Claretian Crossword Quest





Across

[3] Saint Anthony Mary Claret's Feast Day
[5] Saint Anthony Mary Claret's birthplace
[6] Animal that represents Claretians

Down

[1] First School Director of Claret School of Quezon City
[2] St. Anthony Mary Claret's sister that he prays the rosary with
[4] Color commonly associated with Claretians

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School Year 2023-2024

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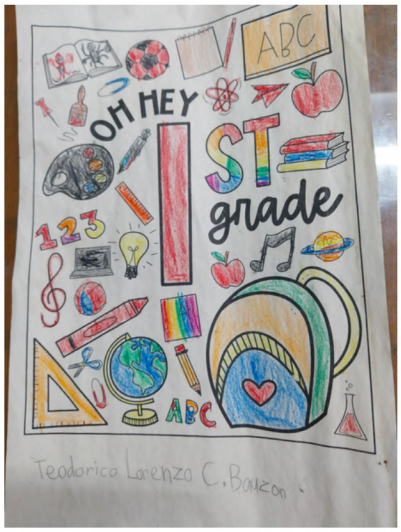

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